

Excess Heart Fire

Restless sleep and frequently awakened, palpitations, irritability, tongue ulceration, thirst, desires cold drinks, yellow, scanty urination

T=red tip

C=thin yellow

P=rapid

Clear Heart fire, calm shen

H7, Sp6, Ren14(-)
yintang, P6 (=)

Zhu sha an shen wan

Excess Liver Fire

Unpleasant dreams, unable to sleep, anger, red eyes, hypochondriac pain, tinnitus, thirst, bitter taste in mouth, yellow scanty urination, head ache, dizziness, constipation

T=red border

C=yellow

P=rapid, wiry

Smooth Liver qi, clear Liver fire, calm shen

H7, Sp6

Lv2, Lv3, Gb34, Li4, P6 (-)

Long dan xie gan tang

Phlegm and Fire Bother Shen

Heaviness in chest and Stomach, nausea, vomiting, dizziness, head ache, irritability, red face, belching

T=yellow sticky, thick

P=rolling, rapid

Transform phlegm, clear fire, calm shen

H7, Sp6

St40, Li4, Li11, P6, Sp4, St36 (-)

Wen dan tang

INSOMNIA